

Hailey and Mom, Keri's, Vegan Sweet Potato Black Bean Burger

Recipe adapted from Nora Cooks

PREP: 10 MINS (plus cook time) YIELD: Serves 6

Burger patty Ingredients:

1 medium Sweet potato, cooked and mashed

1 15-ounce can Black beans, drained and rinsed (about 1 ½ cups)

¼ cup small Red onion, chopped or diced (optional)

½ cups Rolled oats (old fashioned or quick)

1 teaspoon Ground cumin

1 teaspoon Smoked paprika

½ teaspoon Onion powder

½ teaspoon Garlic powder

½ - 1 teaspoon Salt

Sriracha Mayo Ingredients (optional)

½ cup Vegan mayo

1 Tablespoon Sriracha hot sauce

Pinch Garlic powder

Instructions:

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a medium-sized mixing bowl, combine the sweet potatoes and black beans. Mash lightly.
3. Add the chopped onion (optional), oats, spice powders, and salt. Stir well until combined. Correct for seasoning.
4. Lightly grease a baking sheet or place a piece of parchment on a baking sheet and lightly grease.
5. Divide the burger mixture into six equal mounds and shape each one into a burger shape, about 1-inch thick.
6. Place burger patties on the prepared baking sheet and bake in the preheated oven for about 15 minutes. Flip carefully and bake for another 15 minutes. Remove from the oven.

7. To make the mayo: In a small bowl, stir together the mayo, Sriracha and pinch of garlic powder.
8. Serve alone or on buns with the Sriracha mayo, and preferred burger fixings.
9. Burgers can be refrigerated in an airtight container for 3-4 days or frozen.
10. Burgers can be reheated in the oven, a toaster oven or microwave.

Notes:

If using gluten-free oats, make sure the package is labeled and certifies that the product is gluten-free. Although oats are naturally gluten-free, they are typically processed in facilities that process ingredients containing gluten.